ID:



Health Study Questionnaire

Please complete the attached questionnaire.

Your answers will be kept confidential.

Ask a staff person if you are not sure about any of the questions.

You can skip any questions you prefer not to answer.

You may be interrupted if a tester needs you for another test, but can continue to answer the questionnaire items after this interruption.

Thank you for completing the questionnaire.

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Health Study Questionnaire

SECTION I: RESIDENCE INFORMATION

04	Address:			
Street addre	ess		From: month	year
City	State 2	<u>Z</u> IP	To: <u>Present</u>	
B. Previous	s (most recent) a	nddress:		
Street addre	ess		From: month	year
City	State 2	ZIP	To: month	year
C. Previous	address:			
Street addre	ess		From: month	year
City	State 2	ZIP	To: month	year
D. If you ha			esses for more tha pplemental resider	n 1 year, please let us acy sheet.
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				When did you experience it for the first	How many times did you experience this in the LAST
		NO	YES	time? (year)	MONTH?
1.	Problems sleeping				
2.	Problems falling asleep				
3.	Waking up too often				
4.	Waking up too early				
5.	Having nightmares				
6.	Night sweats				
7.	Difficulty waking up in the morning				
8.	Difficulty staying awake during the day				
9.	Awakening with muscle cramps				
10	.Blurred vision				
11	. Changes in handwriting				
12	.Changes in sense of smell				
13	.Changes in sense of taste				
14	.Changes in walking				
15	.Confusion or feeling lost				
16	. Cough				
17	.Cramping in legs				
18	. Dark vision				
19	. Diarrhea				
20	. Dim vision				
21	. Difficulty chewing				
22	Difficulty concentrating				
23	. Difficulty driving because of feeling				
	dizzy				
24	. Difficulty getting out of chairs		<u> </u>		
25	. Difficulty sitting up straight	Ц	<u> </u>		
26	. Difficulty turning in bed	Ш			
27	. Difficulty with skilled movements				
28	. Difficulty writing				
29	. Excessive perspiration				

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Are you experiencing any of the following (Please √ and, IF YES, write in year s				
(Fides and, ii Let, iiii year e	NO	YES	When did you experience it for the first time? (year)	How many times did you experience this in the LAST MONTH?
30. Excessive salivation				
31. Facial expression changes				
32. Facial muscle tightness				
33. Feeling anxious				
34. Feeling depressed				
35. Feeling irritable				
36. Feeling lightheaded or dizzy				
37. Fever, chills				
38. Hand or foot tapping				
39. Headaches at least twice a week				
40. Joint pain or swelling				
41. Loss of consciousness (fainting)				
42. Loss of coordination or balance				
43. Loss of muscle strength in arms/hand				
44. Loss of muscle strength in legs/feet				
45. Loss of sense of smell				
46. Lower tolerance for alcohol				
47. Metallic taste in mouth				
48. Migraine headaches				
49. Monotonous voice				
50. Muscle aches				
51. Muscle twitching				
52. Muscular rigidity				
53. Nausea not cause by something you ate				
54. Noticeable change in personality				
55. Numbness/tingling in fingers or feet, for		_		
more than one day				
56. Sexual dysfunction				
57. Shortness of breath on exertion				
58. Skin rash				

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Are you experiencing any of the following (Please √ and, IF YES, write in year s		oms?	When did you experience it for the first time? (year)	How many times did you experience this in the LAST MONTH?
 59. Slowness of movement 60. Slurred speech 61. Stomach cramps / stomach pain 62. Tremors or Shakiness (temporary) 63. Tremors or Shakiness (long term) 64. Trouble remembering things 65. Urinary or Bowel incontinence 66. Vomiting 67. Wheezing or whistling in chest 68. Weight fluctuation 69. Respiratory problems on 'bad air' days 70. Bringing phlegm from chest into throat 71. Dizziness when in the presence of gas 72. Headaches when in the presence of gas 73. Dizziness when in the presence of paint 74. Headaches when in the presence of 				
paint				
75. When you are driving and have just pass one) Never (skip to 76 below) Rarely A. When did you experience it for the B. How many times did you experience	Occas Frequ first tim	sionally ently e? (yea	r)	
				1 101 41

76. Do you consider yourself allergic or unusually sensitive to everyday chemicals like those in household cleaning supplies, paints, perfumes, soaps, garden sprays or things like that?
Yes
No
(IF NO, skip to MEDICAL HISTORY section)

☐ Not Sure/Don't' Know (IF NOT SURE, skip to MEDICAL HISTORY section)

							ID:
77. If YES, how old	were you wl	hen you firs	t noticed	this sensitivity	?	(age)
IF you don't remer☐ Entire life☐ Don't remer☐ Don't know/	nber what ag		entire life				
 78. Was there something that happened when you were that age that first triggered this sensitivity? Yes No (IF NO, skip to MEDICAL HISTORY section) Not Sure/Don't' Know (IF NOT SURE, skip to MEDICAL HISTORY section) 							
79.IF YES, what was it?							
	SECTI	ON III: N	MEDICA	AL HISTOR	RY		
Have you ever been conditions? (Please √ and, IF YE					follov	wing ill	nesses or
(Flease Valid, IF TE	. Wille III li	ie year wrie	en diagno	ŕ	with	nd it in the year?	
		NO	YES	Year diagnosed	No	YES	
1. Acute Bronchitis							How many times in last year?
2. Pleurisy							
3. Tuberculosis							
4. Chest Injury							
5. Pneumonia							How many times in last year?

6. Chronic Bronchitis

7. Emphysema

8. Asthma

9. Hay fever

How many times in last year? ____

How many times in last year? _____

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СО	nve you ever been diagnosed <u>b</u> Inditions? Please √ and, IF YES, write in the				Ha	ving ill nd it in the	nesses or
		NO	YES	Year	last	year?	
10.	. High blood pressure			diagnosed	No		
11.	. Heart trouble						
	. Heart attack		_				How many times in last year?
13.	. Chest pain with exertion						
14.	. Heart valve disease						
15.	. Bone or joint cancer						
16	. Brain cancer						
17.	. Breast cancer						
18	Cancer of esophagus (swallowing tube), stomach, intestines, colon, rectum, liver, pancreas, or other digestive organs						
	IF YES, which type?						
19.	. Kidney or bladder cancer						
20	. Leukemia						
21.	Lymphoma or lymph system cancer						
22.	. Lung or chest cancer						
23.	. Multiple myeloma						
24.	. Male or female organ cancer						
	IF YES, which type?						
25.	. Mouth or throat cancer						

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СО	ve you ever been diagnosed <u>b</u> onditions?		_		follov	ving ill	nesses or
(P	lease √ and, IF YES, write in the	year wh	en diagnos	sed.) Year	with	nd it in the year?	
		NO	YES	diagnosed	No	YES	
26.	Nasal cancer						
27.	Skin cancer						
28.	Thyroid cancer						
29.	Cataracts						
	Glaucoma						
31.	Other eye problems (not related to glasses or contacts)						
	IF YES, which type?						
32.	Anemia						How many times in last year?
33.	Psychiatric / nervous disorder						
	IF YES, which type?						
We	ere you given medication?						
	IF YES, which medication?						
34.	Seizure disorder						
35.	Diabetes						
36.	Hepatitis, jaundice or other liver disease						
37	. Allergies						
	IF YES, which type?						
38.	Skin rashes						How many times in last year?
39.	Diseases of bones, joints, muscles						

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con	e you ever been diagnosed <u>b</u> ditions?				follov	ving ill	nesses or
(PI	ease √ and, IF YES , write in the	year wn	en diagno	sed.) Year	Had it within the last year?		
		NO	YES	diagnosed	No	YES	
40. ł	Kidney problems / infection						
41. E	Bladder infection						How many times in last year?
42. (Cold sores or mouth ulcers						How many times in last year?
43. E	Blood in urine						
44. ⁻	Thyroid disease						
45. l	Head injury						
46. <i>i</i>	Asbestosis						
47. F	Rheumatic fever						
48. F	ainting spells						How many times in last year?
49.	Sinus trouble / Sinusitis						How many times in last year?
50. E	Back or spine problems						
51. \$	Swollen lymph nodes						How many times in last year?
52. <i>I</i>	Aplastic anemia						
53. 1	Niemann-Pick's disease						
54. <i>A</i>	Alzheimer's disease						
9	Amyotrophic Lateral Sclerosis (ALS), aka Lou Gehrig's disease						
56.	Huntington's chorea						
57. ľ	Multiple Sclerosis						
58. F	Parkinson's disease						

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Have you ever been diagnosed <u>by</u> conditions?				follow	ing illness	es or	
(Please √ and, IF YES, write in the y	(Please √ and, IF YES, write in the year when diagnosed.) Year						
	NO	YES	diagnosed	No	YES		
59. Autoimmune Connective Tissue Disorders (Lupus, Rheumatoid arthritis)							
60. Tremor disorder							
61. Silicosis, aka Grinder's disease or Potter's rot							
62. Other major illness							
IF YES, which type?							
63. Have you been hospitalized in the	e last 5 y	ears? No	Yes 🗆	IF Y	ES what ye	ear?	
IF YES, what was the condition?							
If you were hospitalized more than or	nce in 5 y	ears, ple	ase list these l	oelow	:		
SECTION	ON IV:	MEDI	CATIONS				
1. Have you taken any medication in counter)?Yes	the last 2	24 hours	(including pres	criptio	on and over	-the-	
No (IF NO, skip to quest	ion 4)						

4. Have you taken the following **over-the-counter** medications? If YES, please write the name/brand.

3. When did you first take that medication? ____/_ (month/year)

2. What medication(s) did you take in the last 24 hrs.?_____

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	Over-the-counter	NO	VEC	If YES, please	√ if taken in last	do/d Per	ES, how m did you tal Per	ke? Per
1	Antacids or Stomach	NO	YES	write name/brand	month	Year	Month	Day
••	Medicine (Maalox, Mylanta, Tums, etc.)							
2.	Cough Medicine							
3.	Cold Medications							
	Skin Medications or Creams							
5.	Headache Medicines							
6.	Sleeping Pills							
7.	Pain Medications (Aspirin, Tylenol, Advil, etc.)							
8.	Iron Supplements							
9.	Vitamin Supplements with Iron							
10	. Herbal Medicine							
11	. Other:							

5. Have you taken the following **prescription** medications? If YES, please write the name/brand.

Prescription			If YES, please	√ if taken	If YES, how many do/did you take?		
riescription	NO	YES	write name/brand	in last month	Per Year	Per Month	Per Day
 Prescribed Antacids or Stomach Medicine 							
2. Antibiotics							
3. Arthritis Medicine							
4. Blood Pressure Medicine							
Medications for Asthma							

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			If YES, please	√ if taken	If YES, how many do/did you take?				
Prescription			write	in last	Per	Per	Per		
	NO	YES	name/brand	month	Year	Month	Day		
 Heart Medicines (for heart problems or irregular heartbeat, etc.) 									
Cholesterol Medicines (for lowering lipid, etc.)									
8. Diabetes Medicines									
9. Eye Medications									
10. Prescribed Headache Medicines									
11. Muscle Relaxants									
12. Medicine for Depression									
13. Medicine for Anxiety									
14. Prescribed Pain Medications									
15. Parkinson's/Tremor Medication (L- DOPA, Sinemet, Azilect, Mirapex, Mysoline, etc.)									
16. Other:									
		-		_					
SECTION	V NC	: WO	RK HISTORY &	& BEHA	VIOR	S			
 1. What is your current employment status? Please √ all that apply. □ Employed full-time □ Unemployed □ Homemaker □ Full-time student □ Retired □ Disabled □ Other (please specify) 									
2. If you are disabled, pl				month/sc-	\				
A. What date did you be	ecome	uisable	u : (r	nontn/yea	ii <i>)</i>				

	e time worked since your dis	<u>-</u>
Position	<u>Tasks</u>	<u>Duration</u> (example: 1975 to 1978
. <u>If not currently employed</u> , a	re you receiving: <i>(please</i> √ <i>a</i>	Il that apply)
 Not receiving any benefits/ Retirement Disability Other (please specify) 	<u></u>	Assistance
 Please list your employers, stemployment, and position held: 	arting with current or most re	ecent employer, dates of
A	from to	Position
В	from to	Position
C	from to	Position
D	from to	Position
E	from to	Position
 For how many months were y Approximately how many day 	s were you sick at home in th	ne past 2 years?
Did any of your employment i	nvolve exposure to chemical	s?
☐ Yes☐ No☐ Not Sure/Don't' Know	(Please describe in the tal (Skip to question 8) (Skip to question 8)	ble below)

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Employer / Position	Duration (Please list years)	Type of chemical?					
	(i loade net years)	Solvents	<u>Pesticides</u>	<u>Metals</u>	Not sure which type		
	to						
	to						
	to						
	to						

Have you ever participated in any of the following hobbies?	NO	YES				
8. Welding						
9. Gardening						
10. Painting						
11. Ceramics/sculpting						
12. Stained glass						
13. Metal Work/Jewelry						
14. Photo lab developing						
15. Have you had chemical exposure at home or while doing hobbies (not during work)? Yes (IF YES, please describe below) No (IF NO, continue with question 16) IF YES, please describe and indicate when (year):						

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16. Do you currer	tly smoke?			
☐ Yes (I ☐ No	IF YES, skip to ques	stion 19)		
17. Have you ever	smoked more than	100 cigarettes (d	or 5 packs) in your	life?
☐ Yes ☐ No (II	F NO, skip to questi	on 22)		
18. When did you s	stop smoking?		(month/year)	
19. At what age did	you begin smoking?			
20. For how many y	/ears did you smoke?	?	Years	
21. How many ciga	rettes per day (not pa	acks)?	cigarettes	
22. Does someone Yes No	e in your household s	moke?		
23. Do you drink a	coholic beverages?			
☐ Yes ☐ No (IF	NO, skip to questio	n 31)		
24. How long have	you been consumin	g alcoholic beve	rages? years	i
	of alcohol below, plea		-	/ days a week you
drink and how muc	h you drink on those		0:	
Type of alcoho	l: No	Drink it? Yes	If YES, days per week	If Yes, drinks per day
a. Beer (bottle)				
b. Wine (glass)				
c. Hard liquor (1	½ oz.) □			

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26. Has there been a chan	ge in how you	body reacts to	alcohol?	
☐ Yes ☐ No (I F NO, ski p	o to question 2	28)		
27. Can you talarata:				
27. Can you tolerate: More Less				
28. Has there has been an ☐ Yes ☐ No (IF NO, skip			ts?	
29. In what year was the c	hange in your	drinking habits?		
30. What was the change in the prink more now31. Please estimate the number of the principle.	☐ Drink	less now	☐ No lo	nger drink
31. Flease estillate the no		ekday		ekend
SPRING / SUMMER	Average # of hours per day	# of hours	Average # of hours per day	# of hours
a. Outdoors				
b. Indoors				
FALL / WINTER	Average # of hours per day	# of hours of heavy physical exertion	Average # of hours per day	# of hours of heavy physical exertion
a. Outdoors				
b. Indoors				

ID:
32. In Spring / Summer, approximately how many hours per day do you keep windows open? hrs.
33. In Spring / Summer, approximately how many hours per day do you use an air conditioner? hrs. (if no a/c, please enter 0)
34. In Fall / Winter, approximately how many <u>hours per day</u> do you keep windows open? hrs.
35. In Fall / Winter, approximately how many hours per day do you use an air conditioner? hrs. (if no a/c, please enter 0)
36. On average, how many hours per night do you sleep?hours
 37. In the past 12 months, have there been any major life events that have had an impact on your life (example: major illness, death of someone close)? Yes (please describe in the box below) No (IF NO, skip to the DIET section below)
38. Do you feel that this event(s) affected your physical health? ☐ Yes ☐ No
39. Do you feel that this event(s) affected your mental health? Yes No

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SECTION VI: DIET

As some foods contain naturally-occurring trace levels of manganese or iron, we are interested in knowing approximately how much you consume of these types of food in order to estimate your total body burden of manganese and iron. For each of these foods, please indicate approximately how much you consume each week on average. Please also indicate the approximate number of servings you have had in the last month, and in the last 3 months.

Meat a	and Poultry	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
1.	Beef, chuck, lean only, braised	3 ounces				
2.	Beef, tenderloin, roasted	3 ounces				
3.	Beef, eye of round, roasted	3 ounces				
4.	Pork, loin, broiled	3 ounces				
5.	Turkov dark moat reacted	3½				
J.	Turkey, dark meat, roasted	ounces				
6.	Turkey, light meat, roasted	3½				
0.	o. Turkey, light meat, roasted	ounces				
7.	Chicken liver, cooked	3½				
, .	Chlorest liver, cooked	ounces				
8.	Chicken, leg, meat only, roasted	3½				
0.	emoken, leg, meat emy, reacted	ounces				
9.	Chicken, breast, roasted	3 ounces				
Seafo	ood	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
10.	Tuna, fresh bluefin, cooked, dry heat	3 ounces				
11.	Tuna, white, canned in water	3 ounces				
12.	Halibut, cooked, dry heat	3 ounces				
13.	Oysters, breaded and fried	6 pieces				
14.	Crab, blue crab, cooked, moist heat	3 ounces				

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15.	Shrimp, mixed species, cooked, moist heat	4 large				
16.	Clams, breaded, fried	³¼ cup				
Veget	ables	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
17.	Spinach, cooked	½ cup				
18.	Broccoli	½ cup				
19.	Swiss chard	¹∕2 cup				
20.	Bok Choy	¹∕2 cup				
21.	Beet greens, cooked	½ cup				
22.	Turnip greens	½ cup				
23.	Green Beans	½ cup				
24.	Peas	½ cup				
25.	Potato	¹⁄2 cup				
26.	Sea Vegetables	½ cup				
Fruits	8	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
27.	Watermelon	1/8 melon				
28.	Pineapple	1 cup				
29.	Dried Figs	5				
30.	Dried Apricots	5				
Soy P	roducts	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
31.	Soy Beans	½ cup				
32.	Tofu	½ cup				
33.	Tempeh	½ cup				

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Grain	as	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
34.	Wheat Pasta	1 cup				
35.	Brown Rice	1 cup				
36.	Bran Cereal	1 cup				
37.	Oatmeal	1 cup				
Nuts,	Seeds and Legumes	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
38.	Almonds	¹ / ₄ cup				
39.	Peanuts	3½ ounces				
40.	Sunflower Seeds	2 Tbsp				
41.	Pumpkin Seeds	2 Tbsp				
42.	Pinto Beans	½ cup				
43.	Navy Beans	¹∕2 cup				
44.	Black eyed beans	¹∕2 cup				
45.	Lentils	½ cup				
46.	Chickpeas (Garbanzo Beans)	7 ounces				
Bever	ages	Serving size	Approx. # of servings per week	Approx. # of servings in last month	Approx. # of servings in last 3 months	√if you do not eat any
47.	Tea	1 cup				
48.	Soy Milk	¹⁄2 cup				
49.	Tomato Juice	½ cup				
50.	Prune Juice	½ cup				

17.	Tomato suice	/2 cup				
50.	Prune Juice	½ cup				
51. Do you grow your own fruits or vegetables in the soil at your residence? Yes IF YES, what percentage of the produce you eat is home-grown? No						

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SECTION VII: ABOUT YOU

1. What is your sex?						
	☐ Male ☐ Female					
2. Wh	at is your age?					
3. Wh	at is your date of birth?//	(n	nonth/day/year)			
4. Wh	at is your race/ethnicity?					
	African-American Caucasian Hispanic/Chicano/Latino		Asian or Pacific Islander Native American Other (please specify)			
5. What is your current marital status?						
	Single Married Divorced		Widowed Living with significant other Other (please specify)			
6. Hov	w many children do you have (including add	opted	and stepchildren)?			
	w many children live in your household?		, , , 			
8. Wh	ich of the following best describes the high	est le	vel of education you have attained?			
	Less than 9th grade 9th-12th, no diploma High School Diploma/G.E.D. Some college, no degree		Associate Degree 4-Yr./Bachelor's Degree Graduate Degree: (please circle) MA/MS Ph.D. MD JD			
9. What was your <u>best</u> subject in school?						
10. On average, what grades did you get in your <u>best</u> subject?						
11 What was your worst subject in school?						

				ID:
12. On	average, what grades did you get in your	worst	subject?	
13. Ha	ave you ever been diagnosed with a learnin Yes (IF YES, please specify)	•	•	
14. We	ere you ever placed in a special education	or rem	nedial class?	
	☐ Yes ☐ No			
15. Do	o you have health insurance?			
	☐ Yes☐ No (IF NO, skip to question 17)			
16. W	hat type of insurance do you have?			
	Private insurance Medicaid Medicare	☐ ☐ Nam	SSI Other (specify)e of insurance:	
17. Pl	ease identify your primary doctor: Doctor's name:			
18. Ho	ow many times have you seen a doctor or r	nurse	in the last 12 months?	Times
19. W	hat is your current personal annual incon	ne (fro	om all sources)? (please √one)	
	\$0-9,999 \$10,000-19,999 \$20,000-29,999 \$30,000-39,999 \$40,000-49,999 \$50,000-59,999		\$60,000-69,999 \$70,000-79,999 \$80,000-89,999 \$90,000-99,999 100,000 or more	
20. W	hat is the annual total income of your ho	useho	old? (please √ one)	
	\$0-9,999 \$10,000-19,999 \$20,000-29,999		\$60,000-69,999 \$70,000-79,999 \$80,000-89,999	

			ID:				
	\$30,000-39,999		\$90,000-99,999				
	\$40,000-49,999		100,000 or more				
	\$50,000-59,999						
21. How many persons were supported this past year by your total household income indicated in question 19 above (including yourself)?							
If you would like us to know anything else about your experiences, please feel free to write a							
note in the space below.							
Thank you very much for your time!							